

WEEK ONE

5th & 24th Sep &
15th Oct

LUNCH TIME



Monday

MEAT FREE

Rainbow Pasta with School's
Favourite Sauces
Tomato Sauce, 3 Cheese
or
Quorn Bolognaise (v)



Homemade Crusty
Herb Bread
Sweetcorn



Salad Bar - choice of
at least 6 Salads



Wholemeal Sub Roll
filled with Cheese or
Egg Mayonnaise



Chunky Flapjacks
Glass of Milk

Tuesday

All Day Breakfast
Sausage, Bacon and Egg
or
Vegetarian Sausage and Egg



Baked Beans, Tomatoes
Mushrooms



Salad Bar - Choice of
at least 6 Salads



Pasta Bowl Topped with
Tuna Mayonnaise



Angel Delight Topped with
Fresh Fruit

Wednesday

SUMMER ROAST

Roast Gammon
With optional Pineapple Ring
or
Quorn Fillet (v)



Roast Potatoes
Peas and Carrots
Cauliflower Cheese



Roast in a roll



Fruit Smoothie

Thursday

Pizza Thursday
Choice of
Cheese and Tomato
Pepperoni
or
Ham and Pineapple



Salad Bar- Choice o
at least 6 Salads



Wholemeal Sub Roll filled
with Crispy Bacon or
Tuna Crunch



Fresh Fruit Platter

Friday

Chicken Breast Chunks

Or

Vegetable or
Quorn Dippers (v)



Chips
Baked beans



Salad Bar choice of
at least 6 Salads



Victoria Sponge Sandwich



LIGHTER LUNCH OPTION JACKET POTATO OR WHOLEMEAL ROLL WITH CHEESE WILL ALSO BE AVAILABLE DAILY

Also available daily - Fresh Wholemeal Bread; Fresh Fruit
Yeo Valley yoghurt or Muller Fruit Corner; Fresh Milk and Water



WEEK TWO

10th Sep &
1st Oct

LUNCH TIME


Essex County Council

Monday

MEAT FREE

Jacket Potato Day

Choose from your favourite fillings: Tuna Mayo, Cheese, Baked Beans Or a Filled Roll



Mixed Seasonal Salad (Lettuce, Cucumber, Tomatoes & Peppers.)
Salad Bar - choice of at least 6 Salads



Macaroni Cheese



Chocolate Brownie served with an Orange Wedge

Tuesday

Crispy Breaded Chicken Or Vegetable Burger (v)



Rainbow Pasta with Homemade Tomato Sauce
Sweetcorn Broccoli Florets



Salad Bar- choice of at least 6 Salads



Ham Tortilla Wrap served with Pasta Salad and Vegetable Sticks



Arctic Roll

Wednesday

ROAST

Roast Pork
Sage & Onion Stuffing, Gravy
or
Quorn Fillet (v)



Roast Potatoes
Carrots
Green Beans



Roast in a roll



Fruit Jelly

Thursday

Spaghetti Bolognese or
Quorn Bolognese (v)



Garlic Bread



Salad Bar- choice of at least 6 Salads



Cheese or
Chicken Sweet Chilli
Tortilla Wrap



Smiley Ginger Biscuit

Friday

FISH FRIDAY!

Birds Eye
Chunky Fish Finger or
Tomato and Red Onion
Tart (v)



Chips
Baked Beans



Salad Bar- Choice of at least 6 Salads



Chocolate Cookies



LIGHTER LUNCH OPTION JACKET POTATO OR WHOLEMEAL ROLL WITH CHEESE WILL ALSO BE AVAILABLE DAILY

Also available daily - Fresh Wholemeal Bread; Fresh Fruit
Yeo Valley yoghurt or Muller Fruit Corner; Fresh Milk and Water



WEEK THREE

17th Sep &
8th Oct

LUNCH TIME



Monday

MEAT FREE

French Bread Pizza



Pasta Salad
Carrot and Sultana Salad



Salad Bar - choice of
at least 6 Salads -
including Homemade
Coleslaw



Tuna Mayonnaise or Egg
Tortilla Wrap served with
Pasta Salad and
Vegetable Sticks



Milkshake Cupcake

Tuesday

Butcher's Sausage
Served in a rich Onion Gravy
or
Vegetarian Sausage (v)



Creamed Potatoes
Peas



Salad Bar - Choice of
at least 6 Salads - including
Couscous or
Rice Salad



Pasta Bowl Topped with
Chicken or Tuna Mayonnaise



Apple Crumble served
with Custard or Ice Cream

Wednesday

ROAST

Roast Turkey Breast
Served with Sage & Onion
Stuffing, Gravy
or
Roasted Vegetable
Parcel (v)



Roast Potatoes
Sweetheart Cabbage
Carrots



Roast in a roll



100% Fruit Lolly

Thursday

Buffet Day

Open Wholemeal Roll
with Sliced Ham, Turkey
or Cheese Portion with
Pickle

Mini Sausage Rolls
or
Vegetarian Sausage
Roll (v)



Potato Salad/ Pasta Salad
Coleslaw, Mixed Salad
Salad Bar - choice of
at least 6 Salads



Pasta Bowl topped with
Grated Cheese and
Red Onion or
Turkey and Sweetcorn



Lemon Drizzle Cake

Friday

FISH FRIDAY!

Gluten Free Bubble fish
or
Vegetable Nuggets (v)



Chips
Garden Peas
Baked Beans



Salad Bar choice of
at least 6 Salads



Chunky Flapjack



LIGHTER LUNCH OPTION JACKET POTATO OR WHOLEMEAL ROLL WITH CHEESE WILL ALSO BE AVAILABLE DAILY

Also available daily - Fresh Wholemeal Bread; Fresh Fruit
Yeo Valley yoghurt or Muller Fruit Corner; Fresh Milk and Water

